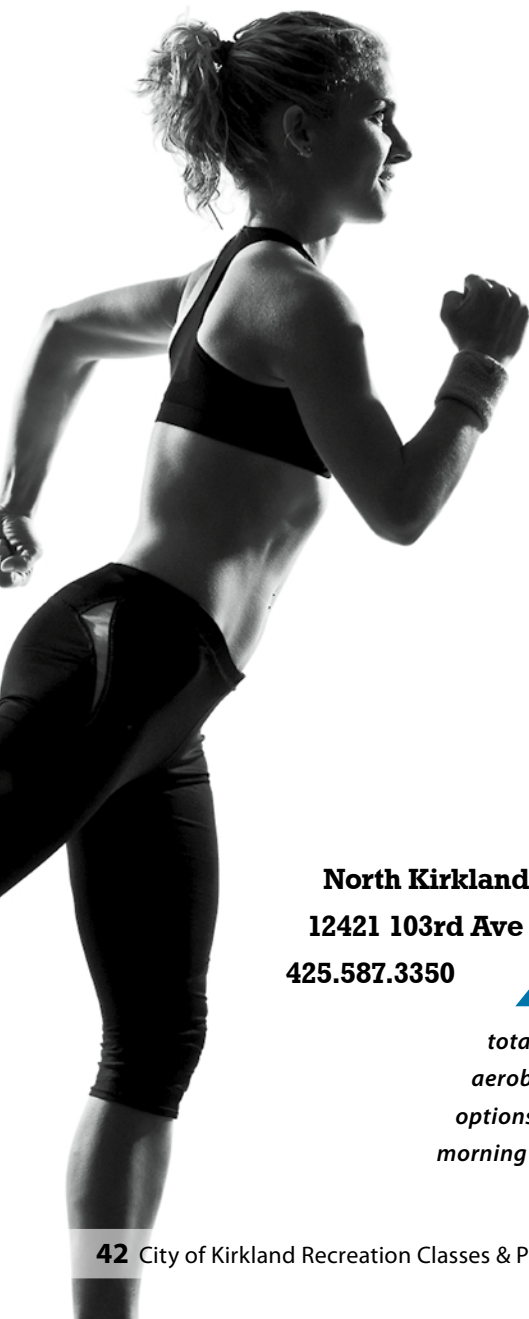


# **MOVE IT!** *FOR YOUR BODY FOR YOUR HEALTH FOR YOUR SELF*

Affordable, Flexible, Convenient! Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. It's easy, it's affordable, so what are you waiting for? MOVE IT!



## **Body Sculpting**

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45 minute class could give you a new look without the chisel. We start with a 10 minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

## **Circuit Training**

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

## **Dance Aerobics**

Do you have the urge to go dancing but no interest in nightclubs? Well, this is the class for you! Here is your chance to get fit while learning moves you've always wanted to try, from hip hop to the cha cha. Whether you're a pro athlete or beginner, this class is guaranteed fun and a great cardio workout. So, stop dancing alone in your living room. Come join the party and get your groove on. Let's dance!

## **North Kirkland Community Center**

**12421 103rd Ave NE, Kirkland WA**

**425.587.3350**

*“Jane's early morning workout classes offer total body workout with strength, stretch, and aerobic exercise. A variety of music, alternative options, enthusiasm, friendship, and the rest of the morning free!” — Jane V.*

## **Long and Lean**

There is nothing like the look of long lean muscles. Using a combination of standing BARRE techniques, ball training and weight bearing exercises, your body will get that long lean look while reducing the risk of injury. Focusing on muscle isolation, tension and balance we will create that elegant look of a dancer's physique.

## **Low-Impact Aerobics**

Start your day out right. This class is designed for people of all ages and fitness levels. Come join the fun fat burning, muscle toning, keep-it-moving class! Please bring a mat and large towel to class for floor work. Good for all ages.

## **Power Hour**

This is the opportunity to change your workout! Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!

## **Pilates/Strength Work**

Pilates is a unique form of strength work that emphasizes the mind/body connection. Our lively class combines Pilates with the use of hand weights, body mechanics, and rubber tubing for improved strength, flexibility, and balance. Become fitter and healthier in new ways! Bring hand weights and a mat to class.



**STILL MORE AFFORDABLE THAN  
YOUR LOCAL FITNESS CLUB!**

## FALL 2013

All classes on this page included with your  
Move It! Pass: Resident \$114 / Non-Resident \$136  
To register use class #40200

### Yoga **NEW!**

Join us for our new yoga class taught by Kundini. Yoga uses slow movements and stretching to increase flexibility and balance. Participants will build a strong foundation of basic Yoga postures and breathing techniques. Yogis of all ages and levels are welcome.

### Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

### Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

### Zumba

Join us on Monday and Thursday evenings and Saturday mornings. Zumba is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

## MORNING CLASSES

14 weeks // September 9–December 21st // No class 10/25, 11/11, 11/25-30

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour	9:15–10:15am	Laura
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

## EVENING CLASSES

14 weeks // September 9–December 21st // No class 10/25, 11/11, 11/25-30

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Sandra
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Pilates/Strength	7:25–8:10pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Yoga <b>NEW!</b>	7:30–8:30pm	Kundini
Thur	Body Sculpting	5:30–6:15pm	Sandra
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question

# MOVE IT!

## WINTER 2014

All classes on this page included with your  
Move It! Pass: Resident \$98 / Non-Resident \$117  
To register use class #40201

### MORNING CLASSES

12 weeks // January 6–March 29th // No class 1/20 & 2/17

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour	9:15–10:15am	Laura
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

### EVENING CLASSES

12 weeks // January 6–March 29th // No class 1/20 & 2/17

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Sandra
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Pilates/Strength	7:25–8:10pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Yoga <b>NEW!</b>	7:30–8:30pm	Kundini
Thur	Body Sculpting	5:30–6:15pm	Sandra
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question



### Run For Your Life! **NEW!**

Have you thought of doing a 5K and don't know where to start? Have you tried to train on your own and lacked motivation? Do you walk regularly and are now ready to start adding running to your workout? This 9-week running class starts out slowly and gives you time to work up to running 5K. Classes begin with a warm-up of a brisk walk followed by a run/walk session. Each class will end with a tip session on informative topics such as nutrition, injury prevention, form, stretching and mental preparation.

Instructor: Melissa Graham (Marathon Maniac!)

#### Class meets twice a week:

**Wednesdays @ 12:30pm:** McAuliffe Park  
10824 NE 116th St (North on 108th Ave NE from  
NE 116th St. then right into the 1st driveway on right)

**Thursdays @ 6:30pm:** Heritage Hall  
203 Market St. Kirkland

Resident \$99 / Non-Resident \$119

Wed at McAuliffe	12:30–1:30pm	Sept 18–	40450
Thur at Heritage	6:30–7:30pm	Nov 21	

### For a body transformation try "Shimmy & Shake"!

Beginning Belly Dance  
See page 38

## Ballet Barre & Stretch **NEW!**

This class is designed to transform the body into one of equal balance, strength and flexibility. Barre classes blend together ballet barre, exercise and conditioning. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk.

*Location: PKCC • 6 classes • No class 11/11, 11/27, 12/23, 12/25, 12/30, 1/1, & 1/20 • Resident \$50 / Non-Res \$60*

Wed	5:20–6:05pm	Sept 11–Oct 16	40347
Mon	5:20–6:05pm	Sept 16–Oct 21	40348
Wed	5:20–6:05pm	Oct 23–Dec 4	40349
Mon	5:20–6:05pm	Oct 28–Dec 9	40350
Wed	5:20–6:05pm	Dec 11–Jan 29	40351
Mon	5:20–6:05pm	Dec 16–Feb 20	40352
Wed	5:20–6:05pm	Feb 5–Mar 12	40353
Mon	5:20–6:05pm	Feb 24–Mar 31	40354

## Retro Aerobics **NEW!**

Let's turn back the clock and get physical! Join this fun, energetic class and learn the fundamentals of aerobics. In this fat burning class you will incorporate easy to learn high and low impact aerobic routines to get the maximum benefits. This class is great for all fitness levels as routines can be modified.

*Location: PKCC • Instructor: Charlene Watson • 4 classes  
Resident \$35 / Non-Resident \$42*

Tue	5:30–6:30pm	Sept 3–24	40386
Tue	5:30–6:30pm	Oct 1–22	40387
Tue	5:30–6:30pm	Oct 29–Nov 19	40388
Tue	5:30–6:30pm	Jan 7–28	40389
Tue	5:30–6:30pm	Feb 4–25	40390
Tue	5:30–6:30pm	Mar 4–25	40391

## Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC  
Instructor: Joan Wilde*

### Tuesdays 4 classes

*No class 9/24, 12/24, 12/31 & 3/4  
Resident \$35 / Non-Resident \$42*

Tue	10:30–11:30am	Sept 3–Oct 1	39713
Tue	10:30–11:30am	Oct 8–29	39714
Tue	10:30–11:30am	Nov 5–26	39715
Tue	10:30–11:30am	Dec 3–Jan 7	39716
Tue	10:30–11:30am	Jan 14–Feb 4	39720
Tue	10:30–11:30am	Feb 11–Mar 11	39721
Tue	10:30–11:30am	Mar 18–Apr 8	39722

### Thursdays 4 classes

*No class 11/21, 11/28 & 1/16  
Resident \$35 / Non-Resident \$42*

Thur	10:30–11:30am	Sept 5–26	39717
Thur	10:30–11:30am	Oct 3–24	39718
Thur	10:30–11:30am	Nov 7–Dec 12	39719
Thur	10:30–11:30am	Jan 2–30	39723
Thur	10:30–11:30am	Feb 6–27	39724
Thur	10:30–11:30am	Mar 6–27	39725

### New Thursday Evening Classes! 4 classes

*No class 11/21, 11/28 & 1/16  
Resident \$35 / Non-Resident \$42*

Thur	6–7pm	Sept 5–26	39943
Thur	6–7pm	Oct 3–24	39944
Thur	6–7pm	Nov 7–Dec 12	39945
Thur	6–7pm	Jan 2–30	39726
Thur	6–7pm	Feb 6–27	39946
Thur	6–7pm	Mar 6–27	39947

See page 61 and 41 for more  
Yoga classes! >>

## Prenatal Yoga **NEW!**

Prenatal yoga brings sensitive focus and gentle attention to the mother-to-be through breathing, relaxation, strengthening and stabilizing; helping to instill a feeling of trust in one's own inner wisdom during this time of change. The program, conducted in a calm, peaceful environment will help strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine, improve posture and breathing and increase overall comfort. No prior yoga experience is necessary. Prenatal Yoga is safe to take throughout your pregnancy, it is best for beginners (with no prior yoga experience) to start a series at 3 months and can continue until giving birth.

*Phyllis Moses is a Certified Viniyoga instructor (RYT-500), and Yoga Therapist, with a focus in prenatal yoga and has over 20 years' experience teaching.*

*Location: PKCC • 6 classes  
Resident \$90 / Non-Resident \$108*

Tue	5–6:15pm	Sept 10–Oct 15	40359
Tue	5–6:15pm	Oct 22–Nov 26	40360
Tue	5–6:15pm	Jan 7–Feb 11	40361
Tue	5–6:15pm	Feb 18–Mar 25	40362

## Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

**Wednesdays 6 classes** *Location: PKCC • No class 10/23, 10/30, 12/25 & 1/1 • Resident \$54 / Non-Res \$65*

Wed	5:30–6:30pm	Sept 4–Oct 9	39750
Wed	5:30–6:30pm	Oct 16–Dec 4	39751
Wed	5:30–6:30pm	Dec 18–Feb 5	39752
Wed	5:30–6:30pm	Feb 12–Mar 19	39755

**Mondays 6 classes** *No class 11/11, 1/20 & 2/17  
Resident \$54 / Non-Resident \$65*

Mon	5:30–6:30pm	Sept 9–Oct 14	39753
Mon	5:30–6:30pm	Nov 4–Dec 16	39754
Mon	5:30–6:30pm	Jan 6–Feb 24	39756
Mon	5:30–6:30pm	Mar 3–Apr 7	39757

